
















# April

**\*NOTE:** All Yoga and Move to Music classes are in the Auditorium (Bldg. 7, Rm. 112)  
Tai Chi classes are between the CLC building & the Parking Garage

**Open to Staff and Veterans**

# 2009



Sat/Sun	Mon	Tues	Wed	Thurs	Fri
Wellness Activities			 <p><b>1</b></p> <p><b>Fitness Walk</b> 12:30pm-1:00pm Meet in front of Bldg. 6 <i>Tai Chi- 4:30-5:00</i></p>	<p><b>2</b></p> <p><b>Massage Therapy</b> 1:00-4:00 Bldg. 200, Rm 1A105 ENT Con Rm</p>	 <p><b>3</b></p> <p><b>Fitness Walk 12:30pm-1:00pm</b> Meet in front of Bldg. 6</p> <p><b>CANTEEN SPECIAL:</b> <i>Salmon/Mango Salad/ Nutrition Month Winner</i></p>
	<p><b>4/5</b></p>  <p><b>6</b></p> <p><b>Fitness Walk</b> 12:30pm-1:00pm Meet in front of Bldg. 6</p>	<p><b>7</b></p> <p><b>Massage Therapy 1:00-4:00</b> Bldg. 200, Rm 1A105 ENT Con Rm</p> <p><b>YOGA 4:30pm-5:30pm</b></p>	 <p><b>8</b></p> <p><b>Fitness Walk</b> 12:30pm-1:00pm Meet in front of Bldg. 6 <i>Tai Chi- 4:30-5:00</i></p>	 <p><b>9</b></p> <p><b>Move to Music</b> Noon-12:30 <b>Massage Therapy 1:00-4</b> Bldg. 200, Rm 1A105 ENT Con Rm</p>	 <p><b>10</b></p> <p><b>Fitness Walk</b> 12:30pm-1:00pm Meet in front of Bldg. 6</p>
	<p><b>11/12</b></p>  <p><b>13</b></p> <p><b>Fitness Walk</b> 12:30pm-1:00pm Meet in front of Bldg. 6</p>	<p><b>14</b></p> <p><b>Massage Therapy 1:00-4:00</b> Bldg. 200, Rm 1A105 ENT Con Rm</p> <p><b>YOGA 4:30pm-5:30pm</b></p>	 <p><b>15</b></p> <p><b>Fitness Walk</b> 12:30pm-1:00pm (Meet in front of Bldg. 6) <i>Tai Chi- 4:30-5:00</i></p>	<p><b>16</b></p> <p><b>Massage Therapy</b> 1:00-4:00 Bldg. 200, Rm 1A105 ENT Con Rm</p>	 <p><b>17</b></p> <p><b>Fitness Walk</b> 12:30pm-1:00pm Meet in front of Bldg. 6</p>
	<p><b>18/19</b></p>  <p><b>20</b></p> <p><b>Fitness Walk</b> 12:30pm-1:00pm Meet in front of Bldg. 6</p>	<p><b>21</b></p> <p><b>Massage Therapy 1:00-4:00</b> Bldg. 200, Rm 1A105 ENT Con Rm</p> <p><b>YOGA 4:30pm-5:30pm</b></p>	 <p><b>22</b></p> <p><b>Fitness Walk</b> 12:30pm-1:00pm (Meet in front of Bldg. 6) <i>Tai Chi- 4:30-5:00</i></p>	 <p><b>9</b></p> <p><b>Move to Music</b> Noon-12:30 <b>Massage Therapy 1:00-4</b> Bldg. 200, Rm 1A105 ENT Con Rm</p>	 <p><b>24</b></p> <p><b>Fitness Walk</b> 12:30pm-1:00pm Meet in front of Bldg. 6</p>
	<p><b>25/26</b></p>  <p><b>27</b></p> <p><b>Fitness Walk</b> 12:30pm-1:00pm Meet in front of Bldg. 6</p>	<p><b>28</b></p> <p><b>Massage Therapy 1:00-4:00</b> Bldg. 200, Rm 1A105 ENT Con Rm</p> <p><b>YOGA 4:30pm-5:30pm</b></p>	 <p><b>29</b></p> <p><b>Fitness Walk</b> 12:30pm-1:00pm (Meet in front of Bldg. 6) <i>Tai Chi- 4:30-5:00</i></p>	<p><b>30</b></p> <p><b>Massage Therapy</b> 1:00-4 Bldg. 200, Rm 1A105 ENT Con Rm</p>	<p><b>CHAMPIONS CHALLENGE</b> <b>3/29-6/20</b></p>

**\*\* PLEASE ACCESS THE FOLLOWING FOR MORE BENEFITS OF A HEALTHY LIFESTYLE THROUGH VA RESOURCES \*\***

My HealtheVet: [va.www.myhealth.va.gov](http://va.www.myhealth.va.gov)